

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1-14. (Canceled)

15. (Original) A method of removing a forming element from a concrete pipe, the method comprising:

attaching a guide element to the forming element, the guide element having a stop; and

swinging a pendulum element such that the pendulum element engages the stop and applies a force on the guide element, thereby causing the guide element to apply a removing force on the forming element.

16. (Original) The method of claim 15 wherein the guide element has a guide channel that receives at least a portion of the pendulum element as the pendulum element swings.

17. (Original) The method of claim 15 wherein the pendulum element has an I-shaped cross-section.

18. (Original) The method of claim 15 wherein the pendulum element includes a cylindrical body, and the guide element extends through the cylindrical body.

19. (Original) The method of claim 15 wherein the guide element and the pendulum element each have a generally rectangular cross-section, and the guide element extends through the pendulum element.

20. (Original) The method of claim 15 wherein the pendulum element is supported by a support member such that the pendulum element is swingable with respect to the support member.

21. (Original) The method of claim 20 wherein the guide element is also supported by the support member.

22. (Original) The method of claim 15 further comprising adjusting swing weight of the pendulum element.

23-35. Canceled

36. (Previously Presented) The method of claim 20 wherein the pendulum element is configured to remain oriented generally horizontally as the pendulum element swings with respect to the support member.

37. (Previously Presented) The method of claim 20 wherein the pendulum element is swingable with respect to the support member between a first position in which the pendulum element is disengaged from the stop and a second position in which the pendulum element is engaged with the stop.

38. (Currently Amended) A method for separating a first object from a second object, the method comprising:

engaging a first element with the first object, the first element having a stop; and

swinging a second element with respect to a support member such that the second element engages the stop and applies a force on the first element for separating the first object from the second object;

wherein the second element is swingable with respect to the support member between a first position in which the second element is disengaged from the stop and a second position in which the second element is engaged with the stop.

39. (Previously Presented) The method of claim 38 wherein the first element has a guide channel that receives at least a portion of the second element as the second element swings.

40. (Previously Presented) The method of claim 38 wherein the second element has an I-shaped cross-section.

41. (Previously Presented) The method of claim 38 wherein the second element includes a cylindrical body, and the first element extends through the cylindrical body.

42. (Previously Presented) The method of claim 38 wherein the first element and the second element each have a generally rectangular cross-section, and the first element extends through the second element.

43. (Previously Presented) The method of claim 38 wherein the first and second elements are supported by the support member.

44. (Previously Presented) The method of claim 38 further comprising adjusting swing weight of the second element.

45. (Previously Presented) The method of claim 38 wherein the second element applies a generally horizontal force to the first element upon engaging the stop.

46. (Previously Presented) The method of claim 38 wherein the second element is swingable with respect to the support member between a first position in which the second element is disengaged from the stop and a second position in which the second element is engaged with the stop.

47. (Currently Amended) The method of claim 38 wherein the second element ~~is configured to remain~~ remains oriented generally horizontally as the second element swings with respect to the support member.

48. (New) The method of claim 21 wherein the guide element is supported by the support member independently of the pendulum element.

49. (New) The method of claim 43 wherein the first element is supported by the support member independently of the second element.

50. (New) The method of claim 45 wherein the generally horizontal force is applied substantially parallel to a floor surface above which the second element is supported.

51. (New) A method for separating a first object from a second object, the method comprising:

engaging a first element with the first object, the first element having a stop; and
swinging a second element with respect to a support member such that the second element engages the stop and applies a force on the first element for separating the first object from the second object, wherein the second element remains oriented generally horizontally as the second element swings with respect to the support member.